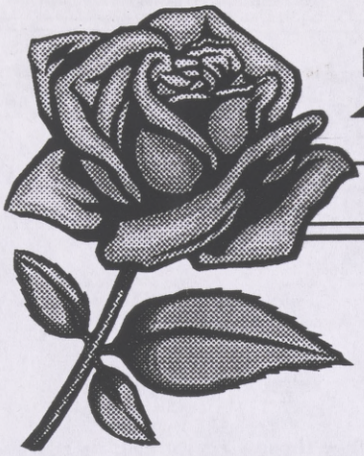
Sacramento Gender Association

Volume 1 Issue 8 October 1994



President's Corner

Chrissy Wilson

It's that time of year when things start happening in our world. With the holiday season coming and our very special holiday, "HALLOWEEN NIGHT," the cross dressers legal night to howl, . This is our night, so come join the fun, enjoy, and celebrate at Joseph's Halloween Party on October 29th.

I also want to take this time to thank all of you for attending the meetings and supporting the new members. Remember you were all there once, so when you see a new member or couple don't just set there, get up and make them feel welcome and introduce yourself and other members. This will help them become more comfortable among us. Remember, we are there to help those who need us. That means you, as you are the membership and the one to make it work.

Remember there is only one meeting in November and one in December so lease watch your newsletters and attend.

MEETING LOCATION

(JOSEPH'S TOWN & COUNTRY)

JTC AT THE SIERRA INN

2600 AUBURN BLVD
BUSINESS 80 AT FULTON AVENUE

CALL 485-5873
DISCOUNT ROOMS AVAILABLE
MENTION SGA/JOSEPH

99% PURE

Being a highly gifted individual with a quick, keen and incredibly organized mind I've again place the power of my thoughts to a problem and with it, once again, completed some extraordinary scientific research over a large span of time to help you consider something about labeling people (OK fine, I've lied a little and it was about 5 minutes with a calculator). But consider this if you would: There are 728 hours of life in a given month. Taking the act of any life style regarding sex and that span of time in any given relationship required to start, engage and complete that act gives you a measurable cycle of activity relative to that month. It means that for most relationships sex is about 4-8 hours within that same period of time (OK some will vary so quit bragging).

Is there a point to this? I believe so. Now let's be honest with this initial concept, most people who label are labeling individuals for those 4-8 hours. Right? Of course they are. Taking the whole of the time in this equation it all boils down to someone doing something sexually different(?) that gets them labeled. Now, considering that these acts by "all" life styles is being carried out in the privacy of their own lives then it seems an even odder way to come up with a label. But it's done that way so I'll use this as my basis for the formula. However, for the sake of this paper and given that basis lets assume (that's "ass-u-me" when done so without facts) that it's this approach and no other that causes your greatest concern. So taken that you don't actually see those acts(?) and given the fact that it's the act itself that you've chosen in support of your la-

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What's In A WORD

In a recent conversation with a new member the question came up as to some of the terms we use in the gender community. For this reason we thought a listing of the most common terms would be appropriate.

Bigendered (BG) - One who has a significant gender identity that encompasses both genders, masculine and feminine. Transsexuals are normally do not consider themselves to be bigendered.

Bisexual (community) - One who has significant sexual or romantic attractions to members of both the same sex and the other sex, or who identify as members of the bisexual community. Derogatory terms from homophobes are the same as those for lesbians and gay men. Derogatory terms used by lesbians, gay men and some heterosexuals include: fence sitter, AC/DC, double-gaited, confused.

Crossdresser (CD) - 1) A transvestite 2) One who, regardless of the motivation, wears the clothes, makeup, etc. assigned by society to the opposite sex (i.e. a transvestite is a crossdresser but a crossdresser is not necessarily a transvestite).

Drag Queen (DQ) - 1) A M2F crossdresser who employs dramatic clothes, makeup and mannerisms often for other peoples entertainment, appreciation or for its shock value. 2) A member of the gay community who expresses transgender characteristics (i.e. crossdresser). Note, this term is considered derogatory by some. Also, many such

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Sacramento Gender Association
Blue Rose Chapter
PO Box 215456
Sacramento, California 95821-1456
Phone (916) 482-7742

The Sacramento Gender Association (SGA) is a non-sexual, membership-based organization serving the educational, recreational, and fun needs of the gender challenged community , their spouses, significant others, family members and professionals. Membership is open to all interested persons regardless of gender or sexual orientation.

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POSITIONS OPEN

POSITIONS ARE OPEN FOR THE EXECUTIVE BOARD CONTACT CHRISSY OR AVA FOR INFORMATION

The S.G.A. Newsletter is published the last week of January, March, May, July, September, November. Submissions should arrive at SGA by the 25th day of the previous month. Contents reflect the opinions of the contributors, and are not necessarily those of SGA. Other organizations may reprint or reproduce uncopyrighted portions of the newsletter for their members provided SGA is acknowledged. Copyrighted material may be reproduced with written permission of the writer or author.

Please submit all articles 8.5 x 11 paper, typewritten or printed, or WORD, WordPerfect, or ASCII Text on 3.5/5.25 disk

TREASURERS REPORT

by AVA

It has been a little busy this last month with my work and the club things so I will keep this to a minimum. The meeting nights have been pretty well attended and we are happy with the turnout but it could be better. They are redoing the big banquet hall at the hotel and we have had to be in the small room off the restaurant.

I have received some things in the mail from Emily Barbee. She has moved to Virginia and anyone wanting to write her can get her address from me. Also I have a letter from a TV in prison who would like a pen pal to write to. Anyone interested can get that address from me too.

Another thing I really need is volunteers to help with the new girls coming into the meetings. Since I am the one they normally first talk to on the telephone, they know no one else there. I am normally busy during the meeting and I would like a few people I can call on to take charge of the new people and introduce them to others. This is a real need because the first time girls are a little shy about standing up in front of twenty to fifty people to be introduced.

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members of the gay community do not consider themselves to be transgendered.

Female Impersonator (FI) - A male who on specific occasions crossdresses and employs stereotypical feminine dialog, voice and mannerisms for the entertainment of other people (see camp).

Gay (community) - One who has a significant sexual or romantic attraction primarily to members of the same physical sex, or who identifies as a member of the gay community. Sometimes used as a synonym for LesGay (community) or gay male (community). Lesbians and bisexuals often do not feel included by this term. Derogatory slang for gay males includes queer, faggot, swish.

Gender Dysphoria (GD) - 1) Unhappiness or discomfort experienced by an individual about ones gender role assigned by society based on ones physical sex. Unhappiness or discomfort may be too mild of words for many individuals. Also referred to as gender euphoria when spoken of in the positive manner. 2) May include unhappiness or discomfort (mild and extreme) with one's physical sex as well (see sexual dysphoria).

Lesbian - A woman who has significant sexual or romantic attractions to the same sex, or who identifies as a member of the lesbian community. Bisexual women often do not feel included by this term. Derogatory slang: dyke, lesbo.

Transgendered (TG) - 1) a catch all for anyone in the gender community. 2) An individual who's gender identity is other than that assigned by society for an individuals physical sex. 3) An individual who chooses to live the life of the opposite sex without SRS. 4) An individual who's gender identity is somewhere between the transsexual identity and the transvestite identity.

Transsexual (TS) - 1) An individual who is sexual dysphoric. 2) An individual who's gender identity is that opposite of her/his physical sex. Normally

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HORMONES

Some people were interested in the reference ranges for hormone levels. The test sites print the reference ranges as an aid to the doctor and you can read them right off of your blood test. Any doctor should be able to request this test for you and go over the results with you.

ESTROGEN

Male Prepubertal ?-40 pg/ml
Male Adult 40-115 pg/ml
Female Prepubertal 12-57 pg/ml
Female Follicular 29-525 pg/ml
Female Luteal 125-473 pg/ml
Female Postmenopausal 25-103 pg/ml

Days 1 to 13 of the menstruation cycle are called the follicular phase. Days 14 to 28 are called the luteal phase.

TESTOSTERONE

TOTAL TESTOSTERONE
0.1-0.9 (it is unclear if this is for both male and female).
FREE TESTOSTERONE
FEMALE 0.1-0.4 pg/ml
MALE 10.0-35.0 pg/ml

SUNDAY BRUNCH
YOUR CHOICE
$ 5.00

JTC Prime Rib Dip w/Fries
Sierra Platter w/Hashbrowns
Eggs Benedict
Steak & Eggs
Corned Beef Hash
Omelettes
YOUR CHOICE
SIERRA - SPANISH - MIDWEST - SEAFOOD
Pancakes & Eggs
Chicken or Beef Burgers
Chicken Fried Steak

(JOSEPH'S TOWN & COUNTRY)
JTC AT THE SIERRA
2600 AUBURN BLVD
SACRAMENTO CA
485-5873

SPECIAL PRESENTATION NOVEMBER 12

In a special presentation by the independent businesses located within the Howe Medical Clinic. A group of three women will present their individual services available.

GAYLES EUROPEAN FACIAL CLINIC

Since Gayle first introduced the European facial to Sacramento in 1971, treatments and results have changed dramatically.

Gayle customizes her products with your individual skin type, or particular areas, as well as create an everyday routine for you to achieve much younger, revitalized looking skin.

A program regimen and special series of treatments is designed just for your specific type of skin.

Just like the body, the facial skin must be fed, moisturized, stimulated, corrected and also maintained.

GAYLE PARENT, Esthetician, Cosmotologist. 564-75646

"A TIMELESS IMAGE" PERMANENT MAKE-UP AND CORRECTIVE PIGMENT CAMOUFLAGE

A new age is emerging with the expanding field of permanent cosmetics and corrective pigment camouflage. More and more men and women are becoming aware of how the advantages of "natural looking" permanent cosmetics can enhance many areas of their appearance..

"Permanent Make-up" can transform mornings and evenings, of time consuming effort, into minutes. Your look is always great, whether it's for an active lifestyle, sports, allergy sufferers, contact lens wearers, persons that are physically challenged, athletics, loss of brows and lashes due to illness, discoloration of the features, etc.

Permanent cosmetic pigmentation is done as an out-patient procedure basis and is performed in our clinic under medically safe and sterile conditions. The dermis layer of skin is implanted with small amounts of chosen color pigment. Each procedure varies in time and number of applications.

SANDRA STODDARD, C.M.A.

PHYSICIANS FORMULA GLYCOLIC CHEMICAL PEEL

"Physicians Formula Glycolic Chemical Peel" is an extremely versatile product. It accelerates the dry, thickened areas of the skin, deep cleaning as it unclogs pores leaving the skin smooth, clear, and with a noticeable reduction of fine facial lines.

This product is not only for the use on the face but also is very effective on the hands.

The recommended procedure requires between five and seven treatments. Prior to beginning your series, you will have a complimentary consultation, at which time a preliminary patch test is required and performed. It is necessary for the skin to be prepared, at home, for two weeks prior to beginning the initial application series.

This process is considered one of the most innovative and effective skin treatments available today producing phenomenal results!

BETTY FORD, C.M.A.

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SIGNIFICANT OTHER

A number of wives and significant others of members have voiced the opinion that they wish to re-establish the SO Chapter of the SGA.

This Chapter normally operates separate from the SGA, but may choose to combine their activities. Space is also allowed within the SGA Newsletter for SO activities and notices.

In the past this "Girls Night Out" has been comprised of the wives and other GG's in a coffee clutch discussing common concerns and problems, or what ever else they find interesting to talk about.

One established activity provided by the SO Chapter is the annual Christmas Party.

Any one interested is requested to give your name to Ava who will forward this information to the organizing person. If you desire a position or chair in the Chapter please advise Ava.

JOIN NOW !

Here Alone

We sit here alone
Seperate entities in life
One accepted in the world
the other not known.

We sit here alone
You accept her
She not wanting you
So the world goes on
Desperately needing change.

When?? Hopefully soon
Soon never seems to come
So we sit here alone
Waiting for him to leave.

@1981 Carol Schofield

MEMBER ADVERTISING

This newly created section is available to current SGA members at No Charge. Please provide copy on or before the 10th day of each month to assure timely insertion.

FOR RENT: 2BR/1BA Duplex $500 mo Bradshaw area all Carol 361-1167

WANTED: Rich gentleman to support me and my cross-derssing habits. Must be kind, generous, like tall women, and be willing to paint the town at least 3 times weekly. Call any SGA member

GENDER RELATED GROUPS & ACTIVITIES

Pacific Center for Human Growth
A counseling oriented growth center, sponsors all-inclusive gender support groups on every Friday except the last Friday of the month at 8:00 PM. 2712 Telegraph Avenue, Berkeley. Call (510) 841-6224

Rainbow Gender Association (RGA)
Meets the 1st and 3rd Friday of the month 8:00 PM at the New Community of Faith Church, 6350 Rainbow Drive, San Jose. Write RGA, PO Box 700730, San Jose, CA 95170. Call (408)984-4044

Diablo Valley Girls (DVG)
Meets 1st Tuesday and 3rd Monday of every month 8:00 PM at Just Rewards Nightclub, 2520 Camino Diablo in Walnut Creek. Write DVG, PO Box 272885, Concord, CA 94527-2885. Call (510) 849-4112

The Tenderloin Self-Help Centre
(a project of the Central City Community Hospital House funded by the Community Mental Health Services) Meets every Wednesday, 4-6 PM, at 191 Golden Gate, San Francisco: Call (415) 554-0518

F.T.M.
A support group for Female-to-Male crossdressers and transsexuals, holds both open Informational Meetings and closed Support Meetings. Write: FTM, 5337 College Avenue #142, Oakland, CA 94618. Call: (510) 832-7202

Educational TV Channel (ETVC)
The largest organization of this type in Northern CA providing a wide variety of support including: rap groups, a SO support group, print & video libraries, outreach, educational, and lots of social activities. Write:ETVC, PO Box 426486, San Francisco, CA 94142-6486. Call: (510) 549-2665 or Voice-Mail (415) 334-3439.



CAROUSEL AVIATION
"GIRLS STORE, CATALOGS & BBS"
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Or Call Linda Lee at Her Store
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A CROSSDRESSER BUILDING A BUSINESS ON A FEW SIMPLE RULES; DISCRETION, CARE, HONEST RETAIL PRICES, FINEST QUALITY, PRODUCT GUARANTEES, SELECTION, AND SERVICE.
RULE #1: START WITH A FREE CATALOG
SGA Member
Home Of California's North State Gender Association

COURTESY ADVERTISEMENT

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FACE-TO-FACE BEAUTY ADVICE
Ruth Y. Ellison
Independent Beauty Consultant
P.O. Box 707
Sacramento, California 95812
(916) 557-6099

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bel then taking this speculation and applying it to my formula goes as follows:

When the label is applied it is applied to only that portion you find different (or in your words intolerant). So the numbers as applied in your argument are 4-8 hours over 728 hours. That is to say he's straight, she's a lesbian or he's gay about 1% of all their life. You've simply taken an act and labeled it. Or given another way, you've completely ignored all other aspects of that human being for about one percent of his or her chosen life style (A life style you might never see I might add... again). And once you've applied that label first you've closed the door on all other aspects of that individual? Consider that! Every other aspect of that person is ignored. Amazing when you think about it and even more amazing given how much time some people spend trying to apply labels to that small percentage across the board. So, I would put to you that unless it's odds given on being hit by a car or something really important it's not even high enough to measure. My check book even has a far greater error rate (actually far greater).

Now taking this highly thought out scientific study further let's consider the other 99% of that individuals life. They work, worry, live and play almost exactly as I do. I say almost because some like boats and I like planes, others like leather and I like chiffon. In fact I've searched my memory extensively (which took about 10 seconds considering what's left of it) and noted two things in the past couple of years: I've not witnessed any sexual act by any life style save my own and because I've not been part of that 1% that's different I've not had to consider that act as part of my requirement for knowing that individual. Conversely then I've been allowed to share in that other 99% of theirs. And you know what? I've been privy to a number of lives who have contributed much of their 99% of life to enhancing mine. Amazing? Not really, it's just simple numbers being ap-

(Continued on page 6)

Night of the Howl II

Costume and Dinner Party

A NEW VENTURES, INC PRODUCTION
in association with the
"City of Hope"
(Tesse French Chapter)

Starring.....

JOAN BRANT

Doing the Songs of **Broadway**

Featuring .....
STEVE CARROLL
Las Vegas Vocalist

Including
MARLENE KING
Dancer

and the Comedy of
PHIL (the Security Guard)



Saturday, October 29, 1994
DINNER - 6:00 PM
SHOW - 8:00 PM

SIERRA INN
REDWOOD ROOM
Businness 80 at Fulton Boulevard

Come join us on Saturday Night, October 29 at the Sierra Inn for the Second Annual production of Night of the Howl, a fun-filled costume and dinner party (costumes optional). Dinner and show is $30 (single), or $50 (couple). Advance ticket sales at Hotel Desk. **Getaway Package** available, information and reservations (916) 485-5873. Don't miss this event — we'll have a goulish time.

A great time for "first night out"

(Continued from page 3)

HOWE MEDICAL CLINIC
R.A. SCHRECONGOST, M.D.

A MEDICALLY SUPERVISED WEIGHT MANAGEMENT PROGRAM

INITIAL VISIT: Complete medical evaluation, medical history, physical exam and consultation, lab work-up and review, nutritional assessment, individually prescribed program.

THE DIET: No products to purchase, a variety of all food groups, meals your family can also enjoy, nutritionally balanced, no calorie counting, quick and easy meal suggestions, foods you buy and prepare yourself.

THE BENEFITS: Complete medical supervision, no amphetamines, liquids or powders, no sales pressure or contacts, afford ability - fees are lower than those of other diet plans that have little or no medical supervision, most insurance's apply, the assurance of long term credibility.

HAIR TODAY GONE TOMORROW
ELECTROLYSIS

Electrolysis is the permanent removal of hair by the action of an electrical current on the cells of the hair follicle.

Karen Cochran provides very reasonable rates and convenient hours in a pleasant and friendly atmosphere.

The Fischer SE-5 epilator provides a smooth, comfortable blend of currents for the most effective treatment available.

Karen will be happy too answer any questions that you may have about hair removal. Ask about special discounts for referrals, students, and extended treatments.

KAREN COCHRAN, R.E. - 444-6177

(Continued from page 2)

desires modification of the physical body (i.e. SRS) to match that of gender identity.

Transvestite (TV) - 1) Anyone who dresses in the clothes assigned by society to the opposite sex for emotional reasons. 2) Anyone who expresses transgender feelings/actions yet still maintains a partial gender identity that matches physical sex (see bigendered).

ACRONYMS

Bi	BiGendered / BiSexual
BG	BiGendered
CD	Cross Dresser
CG	Cross Gendered
DRAB	DRessed As a Boy
DRAG	DRessed As a Girl
F2M	Female to Male
FI	Female Impersonator
GB	Genetic Boy
GEM	Gender Enhanced Male
GD	Gender Dysphoria
GG	Genetic Girl
IFGE	International Foundation for Gender Education.
ILGA	International Lesbian and Gay Association
M2F	Male to Female
MI	Male Impersonator
PFL	Partner-For-Life
RLT	Real Life Test/Therapy
SD	Sexual Dysphoria
SO	Significant Other
SRS	Sexual Reassignment Surgery
STD	Sexually Transmitted Disease
TG	Transgendered
Tri-Ess	Society for the Second Self (also SSS)
TS	Transsexual
TV	Transvestite

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plied to people being simply humans.

Actually what scares me a little is considering what would have happened had I applied that 1% first and then never had the opportunity to realize that other 99% of theirs. That's the point of this and perhaps you've done some of this kind of research yourself. The world is an incredible place. Wondrous in it's diversity, incredibly spirited and yet so simple in it's desires and application on being human. Simple? Yes, very simple given the numbers.

We spend far to much time trying like hell to complicate something that truly is far to small to measure, most times private and yet, when used in this way, it forces many to completely ignore the other 99% of those they've found different. And incredibly the information we use to measure others with falls well short of what it's really all about: Life, Liberty and it's Pursuits.

So drop the labels or if you must apply a label then at least spend some of your own 99% of life trying to put handles on the 99% of others (i.e. "caring person", "friend", "great worker" "always buys the first round" and etc.). As for me? With this research skillfully documented and locked away in a brain still finding it's way in this world I've got a new line to use when I meet people: ***"Hi, I'm Linda Lee, so what's your 99% about?"*** (and at the very least it sure beats: "what's your sign" as an introduction.... right?).

Linda Lee, 99% Pure.

[BEAUTY QUESTIONS]

When I wax or shave my bikini line, I get little red bumps. What are they and how can I get rid of them?

Those little red bumps are ingrown hairs. When you shave or wax, the free end of the hair can become coarse and sharp. It then curves, penetrates the skin and becomes an inflammation. The problem is exacerbated by close-fitting clothing. Persistend rubbing pushes the hair in deeper.

The best solution is gentle exfoliation. Removing the layer of dead skin allows hairs to reemerge. Until bumps subside, stick to loose-fitting clothes made from natural fibers.

Reprint: Glamour Magazine Aug 94

Sacramento Gender Association

October
1994

SUN	MON	TUE	WED	THR	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10 NEWSLETTER DEADLINE	11	12	13	14	15
16	17	18	19	20	**Board Meeting - 8:00** Open discussion with Board Members Loosly scheduled meeting 21	**DINNER & SOCIAL 7:30** Dr. Headblad Ph.d. Round Table Discussion on Gender Dysphoria 22
23	24	25	26	27	**ETVC HALLOWEEN PARTY** Dunfey Hotel, 1770 S Amphlett Blvd. San Mateo. $15 Call ETVC (510) 549-2665 28	**NIGHT OF THE HOWL** Costume & Dinner Party (See Advertisement) SGA Participation Encouraged 29
30	31 HALLOWEEN NIGHT					

Sacramento Gender Association

November

1994

SUN	MON	TUE	WED	THR	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10 NEWSLETTER DEADLINE	11 **Board Meeting - 8:00** Open discussion with Board Members Loosly scheduled meeting	12 **Dinner & Social 7:30** Permanent Make-up Information Skin Care & Esthetics Information Gender Dysphoria Clinic Information **(SEE ENCLOSED ARTICLE)**
13	14	15	16	17	18	19 **Dinner & Social 7:30** Non-Structured meeting
20	21	22	23	24 THANKSGIVING DAY	25	26
27	28	29	30		DUE TO THE THANKSGIVING HOLIDAY THE REGULARLY SCHEDULED MEETING FOR THE 4TH SATURDAY, AS PER SGA BYLAWS, HAS BEEN MOVED BACKWARDS TO NOVEMBER 19 THIS MEETING IS NON-STRUCTURED AND OPEN FOR ANY ACTIVITY THOSE ATTENDING CHOOSE.	